



# Emotional Sobriety I

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## **Emotional Sobriety I** AA Grapevine Inc

In this collection of Grapevine stories, sober women and men describe the transformations sobriety can bring as they practice the principles of AA in all aspects of their lives. Many discover that happiness is a by-product of giving without any demand for return. Others embrace the present with gratitude to claim moments of real peace -- "a quiet place in bright sunshine," as Bill W. put it in the essay that gave the impetus to this book. We invite you to join the journey.

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